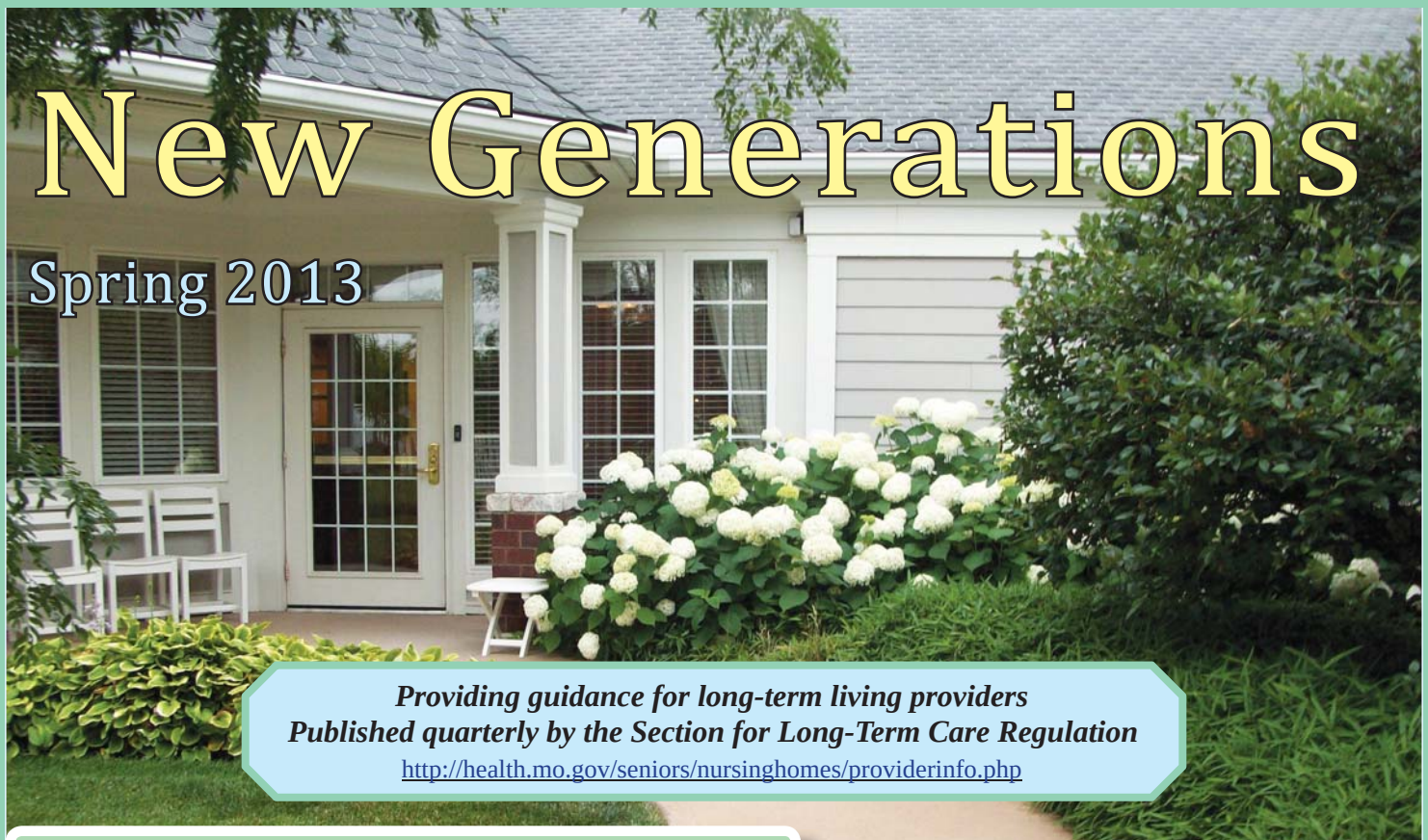

New Generations

Spring 2013

Providing guidance for long-term living providers
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Pets Special Feature

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Benefits of Pets in your Home

A wealth of information exists about the health and psychological benefits pets may bring to your residents.

Pets may help relieve residents' loneliness, boredom and symptoms of depression.

Your home may be considering allowing residents to have their own pets, adopting a community pet, having "visiting pet" activity days or all three. If so, this special feature of ***New Generations*** is for you.

Cover photo courtesy of Parc Provence in St. Louis

Puppies for Parole

Puppies for Parole dogs have positive impact

by Dena Sikoutris, Re-entry Program Manager, and
Mandi Steele, Public Information Officer, Missouri Department of Corrections

Puppies for Parole is a unique Missouri Department of Corrections' (DOC) program. Shelter dogs go to prisons for obedience and socialization training to become more adoptable. They are matched with specially chosen offender-handlers. The eight-week training program benefits both the dogs and their handlers.

The program began in February 2010 with a few dogs at one Jefferson City prison. Today more than 1,300 dogs across the state have been adopted, and 19 of the state's 20 prisons are program participants.

"When the idea of Puppies for Parole originated, the overall goal was to help prevent the euthanization of healthy animals," said George A. Lombardi, DOC director. "In addition, I thought dogs would help make prisons safer, foster compassion within the prison population, give offenders the opportunity to give back to the community in an effort to repair some of the harm they have caused, and help offenders learn job skills to use upon their release. Puppies for Parole has accomplished all that I had hoped – and more."

Soldier visits with a veteran at the Missouri Veterans Home in Mexico, Mo. Soldier is a "house dog" at the home and provides companionship to the residents.

The program also identifies "exceptional" dogs that are specially trained to work with the disabled, special needs children, veterans and mental health patients. Several veterans homes and mental health facilities have adopted Puppies for Parole dogs as "house dogs." The dogs bring joy, compassion, love and acceptance to the residents of these facilities.

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Puppies for Parole continued from page 2

Ginger, left, and Alex reside at the Missouri Veterans Home in Cameron, Mo. as live-in therapy dogs.

The Missouri Veterans Home in Cameron adopted two program dogs, Alex and Ginger.

Tammy Jaggars, recreation therapist at the home, said, "We are able to provide pet therapy daily now that we have the dogs from Puppies for Parole. They quickly became part of our veterans' home family."

Southeast Missouri Residential Services in Popular Bluff adopted a dog named Uno.

"The clients have really taken a liking to him," said Brad Miller, the facility superintendent. "He has had a very positive impact on our facility. The clients take him on walks daily and spend a lot of time with him. There is no doubt Uno has had a positive impact on their moods. Having him around takes the edge off."

Jefferson City Correctional Center's house dog, Rex, visits with a patient in the Enhanced Care Unit.

Skilled nursing, assisted living or residential care homes may be interested in adopting the trained dogs to assist or provide companionship for residents and staff. For information regarding placing a dog in a long-term care home, please contact DOC Puppies for Parole Coordinator Cyndi Prudden at (573) 526-6548, or send an email to Cyndi.prudden@doc.mo.gov.

The dogs are adopted through partnering shelters upon program completion. To view a list of shelters and adoptable dogs, please visit the Puppies for Parole website, http://doc.mo.gov/DAI/P4P.php.

Puppies for Parole is on Facebook: www.facebook.com/MissouriPuppiesforParole.

On the Road... to Culture Change

The Center Court Dome

Visit to West Vue Nursing and Rehabilitation Center in West Plains

by Sam Plaster, State Culture Change Coordinator

In January 2012, I visited West Vue Nursing and Rehabilitation Center in West Plains. West Vue is a 120-resident, Medicare- and Medicaid-certified skilled nursing home operated by the Howell County Baptist Association. Interim Administrator Stacey Smith showed me around. The front lobby area used to house offices, but it has been transformed into a comfortable living room and gift shop for residents.

The center court, where the old institutional nurses' stations once stood, has changed into a beautiful community gathering place, with a waterfall, glider rockers and a large television. The space opens to the chapel and the Mon Café De Choix, meaning "My Café of Choice." The cafe name is quite appropriate, since the cafe is always open to residents, visitors and staff and is one of several dining choices in the home.

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On the Road...

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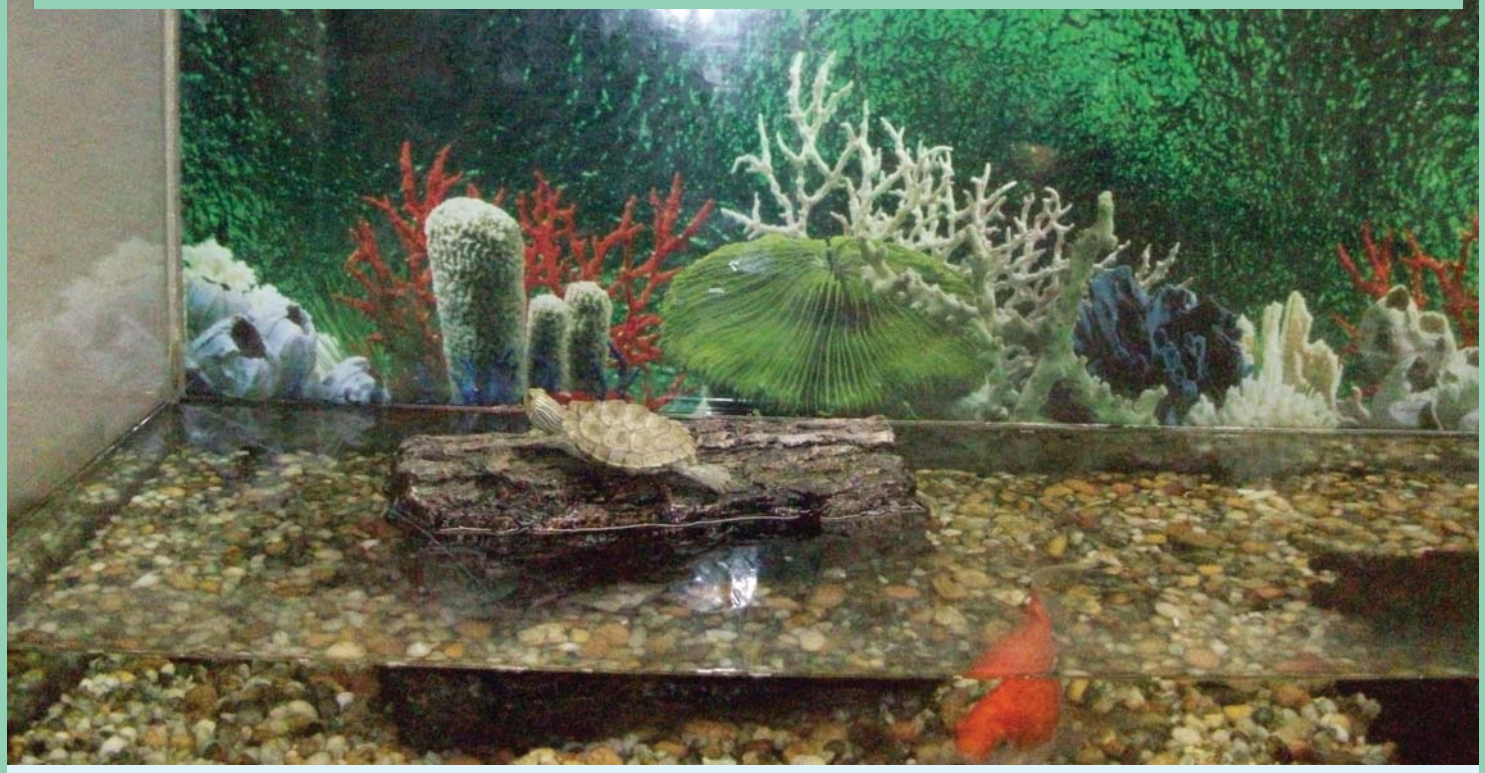


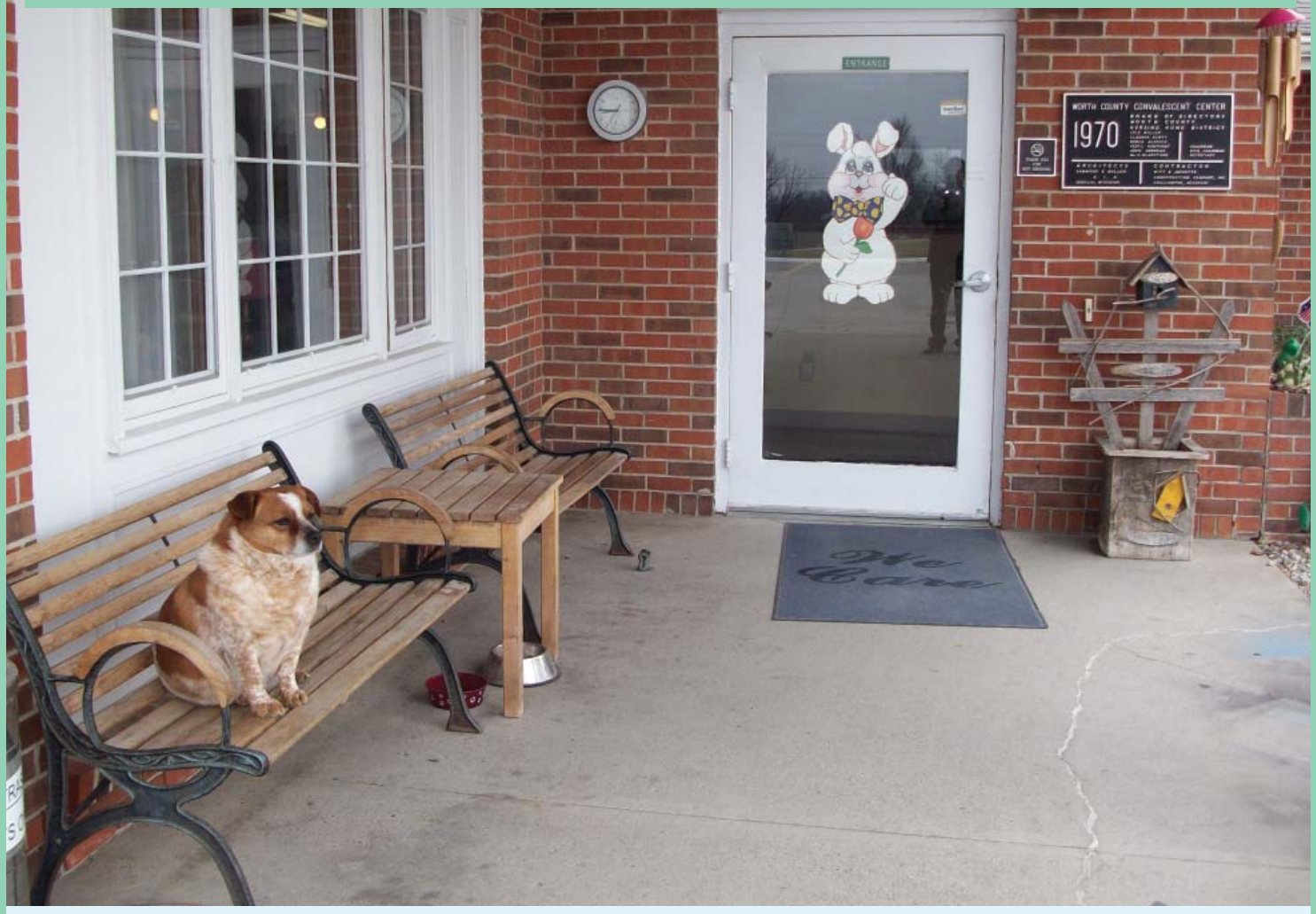
West Vue Community Pet Turtle

West Vue Community Dog – Buddy

The home has six neighborhoods, each with its own staff and dining area, and a full kitchen in the memory-care unit. The nurses serve only the residents in their neighborhood. Staff and residents take pride in their neighborhoods. They choose the colors for their individual dining alcoves and actually do the painting themselves. Residents may choose how to furnish and decorate their rooms. They may also have personal refrigerators and pets.

The home has many community pets, including a dog, birds, turtles and fish. It also has community computers with Internet access and two special areas for private get-togethers. As is the case with many homes that adopt culture change, this one stays full.

On the Road... to Culture Change



Visit to Worth County Convalescent Center

by Sam Plaster, State Culture Change Coordinator

I visited Worth County Convalescent Center in 2011, a 50-bed, nonprofit, county-owned skilled-nursing home in rural Grant City. A sign on the front door lets visitors know this northwest Missouri building was constructed in 1970. It is similar in design to most homes of that era and has three wings that converge at the nurses' station.

I did not have to go far to start getting the feeling of home. A lazy dog hangs around the front door looking for a scrap of food or a pat on the head. His name is Smiley, and he just showed up one day and made himself at home. Who can blame him? Smiley definitely lives the good life. Residents and staff ensure that he lacks for nothing. During a recent cold spell, some residents brought Smiley personal clothing items to ensure his warmth.

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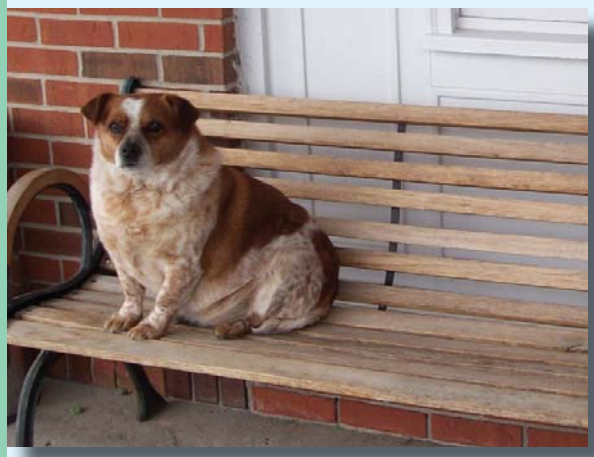
On the Road... continued from page 6

The front lobby is furnished with easy chairs, a television, a grandfather clock, and a fireplace mantle already decorated for Easter. The lobby is more than an area to show to visitors; residents use it almost constantly. In some respects, the home is still in the early stages of the culture change journey. In other ways, it is far down the road. The home has:

- A Culture Change Committee, with a representative from each department;
- "Named neighborhoods" that include some painting and decorating;
- A salad cart in the dining room that features a soup of the week; and,
- Table cloths on dining tables and linen napkins rather than "clothing protectors" (bibs).



Smiley just showed up one day and made himself at home.

The home's next steps include implementing self-waking, open dining, and resident-directed bathing schedules. Plans are also underway to revamp the nursing station to make it smaller, more open and accessible.

Residents were getting ready to practice balloon volleyball in preparation for their journey to St. Joseph to compete in the Golden Age Games the next day. Residents also have access to wireless Internet. While the home does have an overhead paging system, it is used only in unusual circumstances. And I did not often hear the audible call system during my visit.

Culture change can include altering the physical structure of a building, but the movement's main focus is person-centered care. I was impressed most by how involved the home is in the local community. The local school donated a computer for resident use and the Women's Auxiliary, a popcorn maker. Parades roll by the home. Elementary school children interview residents and develop PowerPoint presentations, which they show to residents upon completion of their assignments. High school prom participants parade through the home, and the residents judge them in several categories. Residents go on outings to the local rodeo and other community events. The community Easter egg hunt is held here. The activity room is available to the community, and it serves as a community storm shelter.

Pets in Nursing Homes: References and Resources

Centers for Medicare & Medicaid Services (CMS)

CMS' "Your Guide to Choosing a Nursing Home" references pets as part of culture change.
Following is an excerpt from pages 22 - 23: "Often culture changing homes have resident dogs and cats and some let a resident bring in his or her own pet (with staff or volunteers assisting the resident with pet care). Other homes have connections to a day care setting in which elders and children interact regularly. For more information on resident-directed care and the culture change movement, look at websites for culture change, such as Pioneer Network, a non-profit organization, at www.pioneernetwork.net."
The publication is available online at
www.medicare.gov/Library/PDFNavigation/PDFInterim.asp?Language=English&Type=Pub&PubID=02174.

The Eden Alternative

Path to Mastery – The Art of Creating a Caring Community - Milestone 3
"Frequently Asked Questions about Companion Animals" Copyright 2011
This great resource answers questions your home may have about pets. Topics explored include residents' allergies, fear of animals, and how to keep an animal from wandering. Sample care-plan templates are provided.
The free toolkit may be downloaded by visiting the Eden Alternative website, www.edenalt.org/path-to-mastery/milestone-3-free-toolkit.

American Medical Directors Association (AMDA)

The AMDA supports the CMS initiative, "Improve Behavioral Health and Reduce the Use of Antipsychotic Medications in Nursing Home Residents." An excerpt from the "AMDA Clinical Practice Guideline for Dementia" follows:
"Pet therapy may increase the home-like atmosphere of the facility, provide experiences that encourage life review, increase socialization and participation in activities, allow the patient to express affection without adverse consequences, and motivate the patient to be more physically active (e.g., walking toward the pet, throwing a ball, engaging in range of motion while touching the pet)."
You may access this literature on the AMDA website, www.amda.com/tools/clinical/dementia.cfm or the Advancing Excellence website, www.nhqualitycampaign.org/star_index.aspx?controls=dementiaCare.

AMDA Foundation Announces 2013 Caring Canines Calendar

Preview the calendar and read about pets that visit nursing home residents at
www.caringcaninescalendar.com/index.php/7-about.

Are there regulations regarding keeping pets in our home?

Photo courtesy of Bethesda Dilworth in St. Louis

Pets should not be in the kitchen or food preparation areas. Please reference the following state regulations:

Rules of Department of Health and Senior Services
Division 30 - Division of Regulation and Licensure
Chapter 87 - Sanitation Requirements for Long-Term Care Facilities
19 CSR 30-87.030 Sanitation Requirements for Food Service
(9) Live animals, including birds and turtles shall be excluded from the food storage service and preparation areas. This exclusion does not apply to edible fish, crustacea, shellfish or to fish in aquariums. Patrol dogs accompanying security or police officers, or service or guide dogs assisting residents or visitors shall be permitted in dining areas. Other dogs and cats may be permitted in the dining area if food service sanitation is not compromised and residents do not object. III
(10) Birds within enclosed aviaries may be in the dining area with the following stipulations:
(A) The facility ensures the aviary is cleaned at least twice a week and more often as needed to maintain a clean environment; III
(B) The facility provides proper hand washing instructions to those staff having access to the birds and monitors to ensure compliance; and III
(C) The facility contacts the local or county Health Department and informs that department that an aviary has been installed. III

In addition to state regulations, your home may need to comply with any city or county ordinances and requirements.

Federal tags related to pets include: F323 – Accident Hazards; F371 – Sanitary Conditions; and F441 – Infection Control.

Pets Benefit Aging Adults' Health, MU Researcher Says

Eldercare facility acknowledges benefits and accommodates residents' pet ownership

by Jesslyn Chew

Aging adults benefit from relationships with pets, research has shown. Having a pet can lower the stress hormone, cortisol, while increasing oxytocin, prolactin and norepinephrine, hormones related to joy, nurturing and relaxation. Although the health benefits of pet ownership widely are acknowledged, many retirement communities and eldercare facilities do not allow or accommodate residents' pet ownership. Rebecca Johnson, an associate professor at the University of Missouri Sinclair School of Nursing and the College of Veterinary Medicine, says long-term care facilities should follow the lead of others in their industry, such as TigerPlace, in Mid-Missouri, that enables residents to have pets.

Johnson, director of MU's Research Center for Human-Animal Interaction (ReCHAI), says interacting with pets can improve older adults' quality of life.

"Research suggests older adults live longer, healthier, happier lives when they interact with pets on a regular basis," Johnson says. "Pets provide companionship and unconditional love that improves the overall health of aging individuals. Caring for animals gives older adults responsibility and more reasons to get up in the mornings."

Johnson says eldercare facilities should do more to help older adults keep their pets when they move into nursing homes or independent-living communities. The TigerPlace Pet Initiative offers a successful model other eldercare facilities can emulate, she says.

"Health care providers are quick to give walkers and canes to aging individuals to help with their physical needs, but they make it difficult for elderly individuals to keep their pets, key facilitators of emotional health," Johnson says. "TigerPlace recognizes the benefits of pet ownership and makes it easier for residents to own pets by having pet-friendly facilities and in-house services available to help residents care for pets."

TigerPlace's philosophy is to help individuals age in place, a concept that centers on helping residents maintain their independence in homelike settings while having supportive health services available to them as needed. Residents live in one-level apartments with screened-in porches that lead to an outdoor walking path, which facilitates pet ownership.

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Pets Benefit Aging Adults' Health continued from page 10

Students from MU's veterinary medicine and nursing programs visit TigerPlace three times a week to walk pets and clean litter boxes. Monthly, a retired veterinary medicine faculty member makes preventative care visits to pets. This service enables early detection of problems that pets' own veterinarians can treat. An on-site exam room provides a specialized facility for veterinary care.

Johnson's research specialties include gerontological nursing and human-animal interaction. She has authored scholarly articles, book chapters and most recently a book, "Walk a hound, lose a pound: How you and your dog can lose weight, stay fit and have fun together," about the health benefits of human and animal companionship.

Rebecca A. Johnson, Director of MU's Research Center for Human-Animal Interaction

To read this article online and view the video, please visit http://munews.missouri.edu/expert-comment.

To learn more about Rebecca Johnson, Ph.D., RN, FAAN, visit http://nursing.missouri.edu/faculty.

ReCHAI program information is available online at www.rechai.missouri.edu/.

Outdoor Bird Watching

by Lisa Veltrop, Health Program Representative, Section for Long-Term Care Regulation

Even if your home already has indoor pets, consider taking advantage of nature right outside your window. Bird watching can be an enjoyable pastime for residents.

Bird feeders can attract many different species of birds; they might also attract a squirrel or two. Different types of feeders are available. Some are more difficult for squirrels to reach.

Depending on the season, you may choose to use seed in the fall and winter months and sugar-water-based feed for hummingbirds in the spring and summer. Hummingbirds are also attracted to flowers.

Photo courtesy of Webco Manor in Marshfield

Visit the Missouri Department of Conservation's website to learn what seeds, feeders and landscaping choices will attract which birds to your backyard: http://mdc.mo.gov/discover-nature/outdoor-recreation/backyard-bird-feeding.

Female Northern Cardinal

Hummingbirds visit feeders and flowers

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You may also contact Peter Reed at peter.reed@pioneernetwork.net, or Kristin Dube at 312-596-5294 or kristin.dube@pioneernetwork.net.

Resident Spotlight

Fran Wagner

Dolan Residential Care Centers - Frontier Manor
St. Louis, Missouri

by Allison Dolan, Activities Director

"Look what I can do," Resident Fran Wagner says as she throws her leg straight up in the air. "I'm 96, and I still have my teeth."

"Remarkable" perfectly describes this energetic lady.

Fran was born the sixth child of seven in a big colonial house in Maplewood, Mo. Growing up, Fran says her strict mother and watchful older siblings kept her from getting in trouble. She fondly remembers playing with her dolls and miniature furniture her father made. Her sisters played the piano, but Fran wanted to pursue dancing, which became a lifelong love.

She attended Immaculate Conception grade school. As a teen, she went to dancing school to perfect her moves and even danced on stage. She graduated from Maplewood High School and is the only remaining alumni in her class.

After graduation, Fran worked at Woolworth's Dime Store in Maplewood. Her sister worked as a florist in a grocery store. One day Fran dressed up to visit her sister at work and met Bill, the grocery store manager. "I remember being very excited when he asked me out on our first date," Fran says.

Bill and Fran dated for about a year before they wed at Immaculate Conception. Due to her petite frame, Fran had a difficult time finding a wedding dress. Luckily, her neighbor made her dress for only $50!

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Fran Wagner

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The couple purchased their first house on Manchester Road in Kirkwood, Mo. She recalls the beautiful front porch with flowers and a lot of land. Two daughters soon arrived: Yvonne and Michele. Fran doted on them and made all their clothes, often staying up to 2 a.m. to finish the garments. "People would come to mass on Sunday mornings at St. Peters just to see my girls' clothes," she says.

After 21 years of marriage, Bill bought Fran a white Ford convertible. She loved taking it on road trips with her family and putting the top down. "You name it, I did it," she said, when asked about her past vacations. Fran says she and Bill always had fun together in their 42-year marriage. They joined a dance group, and one night a week, they would go dancing.

This sweet lady always goes out of her way to make you feel special, and she strongly believes in being nice to everybody. Fran adds so much spunk to our home, there is never a dull moment.

Fran's neighbor made her wedding dress

Do you have a special resident to nominate for the Resident Spotlight? Residents featured may have a special talent, lived an adventurous life, given back to their community or experienced other types of accomplishments. Nominations will be reviewed and selected by a team from the Section for Long-Term Care Regulation. Facilities should ensure that all privacy policies are followed. All submissions are subject to editing and approval by the DHSS Office of Public Information.
To receive a nomination form, please call 573-526-8514.

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If you have suggestions for future articles, please contact Lisa Veltrop at 573-526-8514 or send an email to Lisa.Veltrop@health.mo.gov.